

# Unit 1

## Staying Healthy

Health	صحة	Instructions	تعليمات	emergency services	خدمة طوارئ
healthy	صحي	calm	هادئ	CPR	الإنعاش القلبي الرئوي
stay	يبقى	careful	حريص	Infectious	معدوي
perform	يؤدي	develop	يبنى - يتطور	sudden death	موت مفاجئ
first aid	الإسعافات الأولية	heart	القلب	cough	سعال
persuasive	مقنع	report	يبلغ - تقرير	Stay up	يسهر
persuade	يقنع	collaboration	تعاون	phrase	عبارة
support	يزيد - يدعم	damage	تلف	course	دورة
athletic	رياضي	educate	يُعلم	join	ينضم - يندمج ب
athletes	رياضيون	regular	منتظم	right	صح - يمين
immune system	جهاز المناعة	experts	خبراء	situation	موقف
explanation	تفسير	disagree	لا يوافق	perfect	مثالي
Suggest	يقترح	director	مخرج - مدير	worry	قلق - يقلق
solutions	حلول	dreams	أحلام	brilliant	رائع - لامع
medical	طبي	trophy	تrophie - كأس	champion	بطل
silence	سكوت	responsibility	مسؤولية	reasons	أسباب
death	لموت	care about	يهتم ب	a play	مسرحية
Infection	عدوي	gloves	قفازات	king	ملك
react	يتصرف	bandage	ضمادة	characters	شخصيات
action	رد فعل	wrap	يلف	daughter	ابنة
technique	طريقة	come off	ينفصل	husband	زوج
severe	كثيف	special	خاص	servant	خادم
describe	يصف	examination	فحص - امتحان	soliders	جنود
illness	مرض	obligation	الزام - واجب	messengers	رسل
injury	إصابة	necessary	لازم - ضروري	palace	قصر
injured	مصاب	prohibition	منع - تحريم	Proud of	فخور ب
skill	مهارة	express	يعبر عن	kingdom	مملكة
hurt	يؤذي	safety	أمان - سلامة	divide	يقسم
emergency	طوارئ	encourage	يشجع	beauty	جمال
serious	خطير	kits	للمجموعة - الحد	riches	أروء
check	يُفحص	available	متاح	forest	غابة
area	منطقة	partner	شريك	countryside	أريف
awake	مستيقظ	advice	نصيحة	speech	كلام - خطبة
bleed	يتزف	organs	أعضاء	duty	واجب
signs	أشعار	lungs	الرئتين	cruel	كاسي
reply	يستجيب	brain	مخ	honest	أصين
shoulder	كتف	muscles	عضلات	stranger	أجنبي
normal	طبيعي	fight	يقاتل	majesty	جلالة الملك
breathing	تنفس	boost	يزيد - يعزز	power	قوة - سلطة - طاقة
immediately	في الحال	cell	خلية - زنزلة	title	لقب
lying	رائد - كاذب	virus	فيروس	foolish	أحمق
flat	سطح - مسطح	disease	مرض	shout about	يصرخ في
surface	سطح	improve	يحسن	sword	سيف
chest	صدر	separate	يفصل	performance	أداء
lock	قفل - يثقل	part	جزء	operation	عملية
finger	صبع اليد	COVID 19 virus	كورونا	blood	دم
step	خطوة - يخطو	appear	يظهر - يبرز	pump	مضخة
press	يضغط - تضغطه	leaf - leaves	ورقة شجر - ورث	label	بطاقة تعليمات

rise	يرتفع - تشرق	a cold	برد	advertisement	إعلان
diet	نظام	mouths	فم	flu	إنفلونزا
pleasure	متعة	behave	يتصرف	tight	محبك

### Definitions

<b>CPR</b>	[cardiopulmonary resuscitation]	إعطاء قلبى الرئوى
<b>infection</b>	A disease caused by a virus or bacteria.	عدوى
<b>perform</b>	To do an action	يؤدي
<b>severe</b>	To describe an illness or injury that is very serious.	ألمسى - حريف
<b>technique</b>	A way of doing something with a skill.	طريقة
<b>boost</b>	To help someone or something to improve or get better.	يعزز - يدعم
<b>cell</b>	The smallest separate part of a plant or animal.	خلية
<b>immune system</b>	A way that your body protects you from disease..	جهاز المناعة
<b>organ</b>	A part of your body that performs a job e.g. the brain or the heart.	عضو
<b>virus</b>	A very small living thing that causes disease..	فيروس
<b>AHC</b>	Athletic Heart Center	مركز القلب الرياضي
<b>a play</b>	a piece of writing that is written for acting in a theatre	مسرحية
<b>a character</b>	a person that an actor plays	شخصية
<b>an act</b>	a larger part of a play	فصل
<b>a scene</b>	a small part of a play which happens in one place	مشهد

### Expressions & Prepositions.

take up a new sport	يمارس رياضة جديدة	miss the chance	تفوت له الفرصة
How many litres of blood	كم عدد اللترات	make sure	يتأكد
How much blood	كم كمية الدم	do things	يؤدي الأشياء
Interested in	مهتم بـ	worried about	قلق بخصوص
healthy hearts	قلوب صحية	solutions to problems	حلول للمشاكل
health problems	مشاكل صحية	do an action	يقوم برده فعل
(it's a pleasure to see them.	من المتعة ان اراهم	a way of doing something	طريقة تؤدي شئ
get dirty	يتسخ	before helping	قبل المساعدة
look forward to hearing from you	يتطلع الي	do CPR	يقوم بإعطاء القلب
make a mistake	يصل خطأ	seem to be very ill	يبدو انه مريض
do wrong to someone	يصل خطأ	on a flat surface	على سطح مسطح
proud of	فخور بـ	at the top of the list	على قمة القائمة
medical support	دعم رياضي	on top of the first hand	مقدمة اليد الاولى
ill or injured person	مريض - مصاب	without touching	بدون لمس
have severe injuries	لديه اصابات خطيرة	stop performing CPR	يتوقف عن اعطاء القلب
reply to	يستجيب لـ	do - perform first aid	يقوم بإسعافات اولية
lie on their back	استلقي على ظهره	cure for	علاج لـ
do/cause damage	يسبب تلف	cure of	يعالج من
press down on the chest	يضغط على الصدر	Put .....out	يلغز - يطلع
do sport	يمارس رياضة	expert on - in - at	خبير في
great at	متقن في	come off	تنتزع - يتم فكها
in pairs	شاكيات	eat less fast food.	يأكل طعام سريع الآن
a two-day course	دوره لمدة يومين	make notes on	يقوم بملاحظات
impact on	تأثير على	take a first aid course	يأخذ دوره اسعافات اولية
Give .....an infection	يعدى	a Olympic champion	بطل رياضي
do exercise	يمارس رياضة	think about - of	يفكر في
call for help	يطلب مساعدة	about about	يتصرف

## Synonyms & Antonyms

Word	الكلمة	Synonyms	Antonyms	المعكس
infected	مصاب - فاسد	deadly - toxic - poisonous	Healthy - helpful	صحي
normal	عادي - طبيعي	usual - ordinary	unusual - abnormal	غير عادي
dangerous	خطير	risky - terrible - alarming	safe - pure - healthy	آمن - صحي
Rise	يرفع - تكثر	increase	Fall - drop - decrease	يقل
flat	مسطح	smooth - low	Rough - irregular - dull	خشن
awake	مستيقظ - متيقظ	alert	asleep - unconscious	مغمي عليه
Appear	يظهر - يبدو	Seem	Disappear - hide	يختفي
Limited	محدود	Narrow - restricted - reduced	Unlimited - limitless	غير محدود
monitor	يراقب	watch - observe - check		
happiness	سعادة	joy - delight - pleasure	despair - sorrow - misery	ألم - حزن
wild	بري - متوحش	Rough - violent - savage	tame - domestic	اليف

## Language Notes

### -( Make / made / made )

make a discovery	يكتشف	make a decision	يقرر	make a mistake	يخطئ
make a trouble	يسبب متاعب	make the bed	يرتب السرير	make friends	يصل صداقات
make a choice	يختار	make a trip	يلزم برحلة	make a suggestion	يقتراح
make a question	يسأل	make a plan	يخطط	make a promise	يوعد
make a journey	يلزم رحلة	make a phone call	يصل مكالمة		

### ( do / did / done )

do research	يلزم بحث علمي	do a favour	يضع معروفًا	do repairs	يلزم إصلاحات
do homework	يصل الواجب	do shopping	يشترى	do business	يلزم عمل تجاري
do PhD	يصل الدكتوراه	do better	يتحسن	do his best	يذل قصارى جهده
do work	يلزم يصل	do a report on	يعد تقرير عن	do a quiz	يلزم عمل مسابقة
do a hobby	يلزم بهواية	do exercise	يلزم بتمرين	do well	يؤدي أداء جيدًا
do damage	يلزم	do the housework			يلزم بالأعمال المنزلية

### - rise (rose / risen)

(لا يليه معلول)

تشرق / يزداد / يستيقظ / يلف / يتصاعد

### - The sun rises early.

### - Raise (raised / raised)

يرفع / يجمع / يربي (يليها معلول)

### - Exports raise our income.

### - Parents do their best to raise their children.

### - Charities raise money for the poor.

### - Raise your hand if you know the answer.

### 6 - cause

يسبب

### - What caused the fire?

cause of +

اسم

مضرب

### - What was the cause of the accident?

reason for +

اسم

ناح - خبر - مسبب

### - Can you give the reason for your delay?

### 7 - stay in/at (يلزم في مكان)

### - stay with (يلزم مع شخص)

### - stay for (يلزم لمدة)

- It is cold and wet outside so, You should stay at home.

- We're going to stay with our grandparents during the holiday.

8- see / hear / watch + object + ( v.ing ) Or مصدر Inf.

عَدَدُ الأفعال يأتي به

- I saw him talking about the Egyptian Museum on TV.

عندما نلاحظ جزء من الحدث

- I saw him talk about the Egyptian Museum on TV.

عندما نلاحظ الحدث كله

لاحظ أن الصلوات التي تنتهي بـ **ed** غالبا (الأشخاص) تعود على من يقع عليه الحدث

E.g. I was excited during the match.

- The match was exciting.

أما الصلوات التي تنتهي بـ **ing** (تعود على من / ما يسبب الحدث أو الشعور سواء إيجابي أو سلبي)

10-encourage مصدر: على بشجع + to + ... شخص أو مفعول..

- My teachers encouraged me to study hard.

11-remind someone to + Inf. يذكر شخص أن يفعل شيء. \$ remind+ object + of يذكر بشيء أو شخص

-Please remind me to send the e-mail. -This photo reminds me of my childhood.

- remember يتذكر شيء

- I can remember name.

12 - have interest in = be interested in مهتم بـ interesting- مصدر + interested to- شيق للأشياء

They have a great interest in studying engineering. -They are interested to study engineering

They are interested in studying engineering.

-The play is very interesting.

13. effect يؤثر على

- have a / an effect (impact) on: تأثير على

\* effect يؤثر على : Eating bad food affects our health badly.

\* effect / impact تأثير : We are studying the effects of global warming on the environment.

\* Global warming has a bad effect (impact) on people and the environment.

14- provide with يزود / The government provides schools with modern sets.

- provide for يقدم لـ / The government provides modern sets for schools.

17-miss ( someone / train / bus / school / lecture / the goal )

- I have missed the bus .

-lose ( money / interest / something / his life / someone ( by death )

- I 've lost my calculator.

18- make (مفعول / صيغة / مصدر ) - He made his son happy - She made me respect her.

Let + مفعول + مصدر بدون to - She let me respect her.

2- help مفعول to + Inf. - help مفعول... +to + مصدر بدون شيء + help مفعول with + شيء

She helped women (to) succeed.

- I helped Nada do the homework.

He helped me with homework.

**infect**

\* تصيب

There is no evidence that the virus can infect humans.

**infection**

\* عدوى

Strict rules will limit the risk of infection.

**infectious**

\* معدي

Corn is an infectious virus.

**infected**

\* مصاب

We can get virus from the infected man.

## Exercises on unit : 1 (Voc.)

1- Choose the correct answer from a, b, c, or d

- 1- This advertisement will help boost the sales of the product. Boost here is the synonym of ---.  
a) promote      b) fail      c) increase      d) both a and c
- 2- The story is exciting. The word exciting here is the antonym of the word -----  
a) interesting      b) insane      c) irrational      d) boring
- 3- ----- is to mild as irrational is to normal .  
a) Gentle      b) Severe      c) Unusual      d) Abnormal
- 4- The word encourage is the antonym of the word -----  
a) disapprove      b) supports      c) discourage      d) force
- 5- When an injury or illness is very serious. "Serious" means -----  
a. damage      b. service      c. severe      d. several
- 6- The word "later" is an antonym of the word -----  
a) immediately      b) regularly      c) gradually      d) latter
- 7- The emergency ----- are struggling to cope with the number of call-outs.  
a. services      b. servant      c. causes      d. car
- 8- Trees increase the air we -----  
a. feel      b. breeze      c. breathe      d. cough
- 9- Teachers should use various ----- for dealing with the students' problems.  
a. damages      b. techniques      c. devices      d. muscles
- 10- Do you know what ----- the house to fall?  
a. reasons      b. results      c. causes      d. makes
- 11- Smoking can seriously damage your ----- It causes a lot of diseases.  
a. money      b. wealth      c. health      d. death
- 14- Antibiotics are used to treat the ----- in most parts of the body.  
a) Injection      b) infection      c) operation      d) reflection
- 15- The machine ----- the metal into strong and long sheets used in buildings.  
a) does      b) damages      c) presses      d) irons
- 16- The nurse ----- her hand on the patient's head to make sure he's fine.  
a) banged      b) moved      c) located      d) placed
- 17- Mother doesn't often drink coffee because it keeps her ----- all the night.  
a) asleep      b) awake      c) alive      d) dead
- 18- The old man's ----- stopped suddenly and he was taken to the intensive care unit.  
a) disease      b) temperature      c) breathing      d) pressure
- 19- My friend was given ----- by a doctor to make him breathe again. He was about to die.  
a) VCR      b) PCR      c) CPR      d) MRI
- 20- The young lady suffered ----- head injuries after the accident and was in hospital for 3 months.  
a) gentle      b) severe      c) simple      d) comfortable
- 21- A/ An ----- is a part of your body that performs a job e.g the brain or heart .  
a) organ      b) member      c) cell      d) infected
- 22- The ----- is the smallest separate part of an animal or a plant.  
a) organ      b) cell      c) atom      d) molecule.
- 23- The ----- system protects you from infections and diseases.  
a) immune      b) digestive      c) circulatory      d) respiratory
- 24- To ----- means to do something because something else has been done .  
a) react      b) reread      c) repeat      d) redo
- 25- Patients with COVID 19 should be isolated due to the danger of -----  
a) infection      b) injection      c) reaction      d) infected .



26-Ahmed was given a part in the school play which will be \_\_\_\_\_ on the school theatre.

- a) performed      b) designed      c) made      d) decided

27-The firefighters.....quickly when they heard the alarm.

- a) reviewed      b) reacted      c) reflected      d) reversed

28-We should use various.....for dealing with lazy students.

- a) diseases      b) horrors      c) techniques      d) breakers

29-After a fight with the gang ,a policeman\_\_\_\_\_from a wound in his shoulder.

- a) bred      b) fed      c) treated      d) bled

30- We should read the.....before we start using any new electrical set.

- a) directions      b) instructions      c) licences      d) chapters

## Grammar

### MODAL VERBS OF NECESSITY, PROHIBITION AND LACK OF NECESSITY

الأفعال المساعدة الدالة على الضرورة و التحريم و غياب الضرورة

- 1- Have to / Has to = It is necessary to do..... ( We have no other choice) مضطراً أن  
نستخدم للتعبير عن إلزام مفروض علينا وليس أمامنا اختيار نسيب القواعد والقوانين أو الظروف  
- She has to apply for the course before the end of March.  
- We have to wear helmets if we are going to take the motorcycle. (The law says so.)  
- You have to show your passport when you leave the country.

- يمكن استخدام **have to** في الأزمنة المختلفة (ما عدا الأزمنة المستمرة)

- I had to work six days a week. = -It was necessary for me to work six days a week.  
- My flight is at six in the morning. I'll have to get up early.  
- Have you ever had to go to hospital?

- نستخدم (do / does) مع (Have to / Has to) في السؤال و النفي

- Do you have to put on a uniform at school?  
- She doesn't have to buy a new dictionary for school?

- يمكن أن نستخدم (have got to / has got to) بدلا من (have to / has to)

- I have got to go to work on time.  
- She is late for the meeting, she has got to take a taxi.

- نستخدم (have got to / has got to) في السؤال بدون فعل مساعد

- Have you got to be at the office every day?  
- Has that man got to carry all the boxes by himself?

➤ **must + infinitive**: = It is necessary to .....

يجب أن

نستخدم للتعبير عن (الإلزام الداخلي) أي إحساس قوي بضرورة عمل شيء من وجهة نظر المتكلم أو للتعبير عن أن شيء مهم بالنسبة لنا وفي هذه الحالة نستخدم فقط مع الضمائر I / We و مع You في حالة السؤال:

- I must visit my grandparents more often. (It's important to me that I do.)  
- Must you wear that yellow tie?

(Is it important to you that you do it? This also suggests that it bothers me.) يضائق

نستخدم للتعبير عن نصيحة قوية

- You mustn't be late or dad will be angry. (strong advice)

- You must wash your hands before you eat. (strong advice)

وفي الأوامر كما تستخدم في القوانين والتواعد وعندما تذكر أن شيئاً مطلوباً فعل شيء:

- You must clean your room before you go out with your friends. (an order)

- Drivers and passengers of motorcycles must wear helmets. (a law)

كما تستخدم في حالة توجيه دعوة أو التعبير عن مشاعر صادقة:

- You must come and see us at the weekend. - You must try a piece of my cake.

تستخدم في الاستنتاج أو التعبير عن نتيجة منطقية:

- Dad must have left already. I don't see his car.

لاحظ استخدام للتعبير عن الضرورة في المضارع والمستقبل فقط:

• I must go now. • I must see my doctor tomorrow.

➤ need / needs to + infinitive:

تستخدم للتعبير عن أشياء ضرورية في الحاضر أو المستقبل

- He needs to be busy all the time or his boss will be angry.

- We need to revise for next week's exam.

- تستخدم Must في السؤال بدون فعل مساعد وبأن في بداية السؤال:

- Must he send the e-mail now?

3- Had to : It was necessary to do.....

إجبار أن

- تستخدم (Had to) للتعبير عن إلزام و ضرورة في الماضي

- We had to do a test at school today. - We had to take a taxi as it was raining heavily.

4- Mustn't : It is necessary NOT to do.....

يجب ألا

➤ mustn't + infinitive:

تستخدم للتعبير عن أن شيء ممنوع أو غير مسموح به أو نرتب عليه نتيجة سلبية إذا فعلنا به:

- You mustn't smoke in hospitals. = You aren't allowed to smoke in hospitals.

= You aren't permitted to smoke in hospitals.

= You are forbidden to smoke in hospitals.

= You are banned from smoking in hospitals.

= You are prohibited from smoking in hospitals.

= You aren't permitted to smoke in hospitals. = you are forbidden to smoke in hospitals.

(Mustn't = (be) not allowed = (be) not permitted to = (be) banned =

(be) prohibited = (be) forbidden to)

- ويمكن أن تبدأ الجملة بالشيء الغير مسموح به

- Smoking is not allowed in hospitals. - Parking is forbidden here.

5- don't have to / don't need to / needn't + infinitive:

لا داعي أن... غير مضطر = It is NOT necessary to do...

تستخدم للتعبير عن عدم الضرورة في المضارع أو المستقبل

- She isn't late for school so she doesn't have to / needn't hurry.

- When you are on holiday, you needn't go to bed early.

- She doesn't have to work on Saturday.

6- Didn't have to = didn't need to = It wasn't necessary to..., so we didn't أن لم يضطر

- تستخدم هذه الأفعال للتعبير عن عدم الضرورة في الماضي (حدثت ~~ليس~~ في الماضي لأنه لم يكن ضرورياً)

- We didn't have to go to school yesterday. It was a holiday.

- I didn't have to do the shopping yesterday. My brother did it.

7- Needn't have + PP. : It wasn't necessary to..., but we did

- يستخدم هذا الفعل للتعبير عن عدم الضرورة في الماضي (حدثت ~~ليس~~ في الماضي على الرغم من كونه لم يكن ضرورياً)

- You needn't have brought your umbrella. It's not going to rain.

لا حاجة لكان في إحضار في المظلة لأنها

- I didn't have to buy more bread. We already have a lot.

(I didn't buy bread because we have some.)

- I needn't have bought more bread. We already have a lot.

(I bought bread, but it was not necessary because we have some.)

**must / have to / will have to**

في حالة التعبير عن الضرورة في المستقبل استعمل

- I have to get up early tomorrow.

- I'll have to send the fax tomorrow.

لاحظ الفرق بين استخدام need to فعل لثاني واستخدام need فعل عند معنى يحتاج أو يتطلب

- This job needs computer skills. - I need to finish the job early. = I must finish it early.

\*\*\*\*\*  
**Choose the correct answer**

1. You ..... finish that report tonight if you're too tired. Midday tomorrow is the deadline.  
a) need to      b) must      c) needn't      d) shouldn't
2. You ..... buy a ticket before you can go into the sports stadium.  
a) ought to      c) have to      d) have      d) need
3. We ..... to buy any tomatoes. There are lots of them in the fridge.  
a) have      b) mustn't      c) need      d) don't need
4. You can order your plane tickets online; you ..... use a travel agent.  
a) mustn't      b) don't have to      c) have to not      d) don't need
5. We ..... make sure that the customers are getting value for money.  
a) must      b) mustn't      c) have to      d) needn't
6. I can go on my own. You ..... come with me.  
a) don't need to      b) must      c) have to      d) need to
7. My children ..... study ancient history at school next year.  
a) will have to      b) must      c) needed      d) needn't
8. We ..... buy souvenirs for our friends while we're here.  
a) must      b) have to      c) mustn't      d) needn't
9. We ..... get up or go to bed at particular times.  
a) don't need to      b) mustn't      c) has got to      d) don't have
10. We ..... forget that tourism is very important for Egypt.  
a) must      b) mustn't      c) needn't      d) don't have to
11. I ..... get up very early on school days.  
a) have to      b) mustn't      c) needn't      d) has to
12. You ..... take that train. There's another one in ten minutes.  
a) mustn't      b) has to      c) don't have to      d) have to
13. You ..... buy that book. I can lend you mine.  
a) mustn't      b) has to      c) had to      d) needn't
14. You ..... speak so loudly on your phone. It's very annoying.  
a) mustn't      b) need to      c) had to      d) have to
15. When you arrive in another country, you ..... show your passport.  
a) must      b) has to      c) had to      d) have to
16. My staff and I ..... work twelve hours for six days a week.  
a) mustn't      b) shouldn't      c) had to      d) have to
17. I ..... phone my friend this morning. I promised him I would.  
a) needn't      b) have to      c) must      d) has to
18. In some countries, children ..... wear school uniforms.  
a) don't need to      b) didn't have to      c) mustn't      d) has to
19. Most school children in Britain ..... wear a school uniform.  
a) has to      b) mustn't      c) didn't have to      d) have to
20. You ..... spend too much money. You'll want some for your holiday.  
a) mustn't      b) needn't      c) don't have to      d) must
21. You ..... take that book back to the library. You can keep it for another week.



- a) have to                      b) don't have to                      c) must                      d) can't  
 22. You ..... pass your exams to go to university.  
 a) musn't                      b) has to                      c) had to                      d) have to  
 23. I really ..... phone Mazar. I promised I'd phone him when I had any news.

- a) mustn't                      b) must                      c) had to                      d) have to  
 24. We ..... buy some milk from the shops because we don't have any.  
 a) musn't                      b) need to                      c) don't need to                      d) may  
 25. I want to go to university. I ..... apply before the end of the week.  
 a) musn't                      b) needn't                      c) don't have to                      d) must  
 26. You ..... see your doctor. You look ill.  
 a) must                      b) needn't                      c) can't                      d) may  
 27. School starts at 8 : 30. I ..... get there before that time.  
 a) might                      b) have to                      c) can                      d) may  
 28. You can stay at home if you want. You ..... go shopping with us.  
 a) can't                      b) mustn't                      c) don't have to                      d) need to  
 29. I ..... hurry. My train leaves in 5 minutes.  
 a) mustn't                      b) don't have to                      c) must                      d) have to  
 30. These old buildings ..... knocked down.  
 a) have to be                      b) has to be                      c) had to be                      d) have to

### TEST ONE

1) Choose the correct answer from a, b, c or d:

1. He totally agree ..... me.  
 a. with                      b- to                      c- on                      d- about  
 2. Keep the hands on the chest and allow it ..... again.  
 a. rise                      b- raise                      c- to rise                      d- to raise  
 3. His special ..... of scratching lines into the colour is still frequently used.  
 a. technical                      b- technology                      c- technique                      d- technics  
 4. If you know how to ..... CPR , you have to do this to help the patient.  
 a. Make                      b- perform                      c- go on                      d- carry on  
 5. Eating vegetables with green leaves ..... our immune system.  
 a. help                      b- helps                      c- are helping                      d- is helping  
 6. You ..... shout or make noise in the classroom.  
 a. don't have                      b- shouldn't have                      c- are not to                      d- mustn't  
 7. The pain is of ..... intensity and lasts anywhere from 15 to 180 minutes.  
 a. severe                      b- severity                      c- savor                      d- savior  
 8. He ..... angrily to the news of his dismissal.  
 a. reacted                      b- reactive                      c- reaction                      d- intact  
 9. Trees help us ..... oxygyn.  
 a. breathe                      b- freeze                      c- release                      d- freeze  
 10. It is our ..... to defend our country against enemies.  
 a. work                      b- duty                      c- job                      d- profession  
 11. The queen granted him the ...of Lord due to his efforts to save his country in the war.  
 a. nickname                      b- surname                      c- title                      d- post  
 12. You ..... put a bandage and press it down on the area that is bleeding.  
 a. might                      b- may                      c- has to                      d- must  
 13. She gives all her old clothes ..... to the orphans.  
 A. out                      b- in                      c- up                      d- away  
 14. It took me a long time to ..... him to do the right thing.  
 a. persuade                      b- convince                      c- make                      d- let  
 15. If you are in Egypt, you ..... attend my wedding.  
 a. must                      b. should                      c. shouldn't                      d. mustn't  
 16. He has ..... his business, his reputation, and his career due to his carelessness.

## 2) Read the following passage, then choose the correct answer:

Should we work all the time without having rest or entertainment? The answer is that we can't go on working without stopping. From time to time, we should stop to have some rest and some recreation to have fun. If we didn't, we could make mistakes and our work might get worse.

An overworked person may end up by losing their ability to think clearly and by having no energy to go on working. Sleep is one way by which we can renew our energy. Sports and games are also important for brainworkers, who stay in closed offices and don't have a good chance to exercise their muscles. Swimming, walking and other outdoor activities are excellent and may be very good for all people, so we shouldn't waste our weekends. People make full use of them by being in the open spaces. Having forgotten all about our work and the worries of life, we can then enjoy ourselves to the full and return the next day to work with our energy fully renewed. Change has a magic effect on man's health and his work.

Only clever people are those who can make a balance between their work and their personal lives. They are hardworking when they do their jobs and they live the happiest moments when they aren't working.

- The best title for the passage is.....  
 a. Happy Moments  
 c. Importance of Rest  
 b. Magical Energy  
 d. Importance of Games
- The underlined word "recreation" in the first paragraph means.....  
 a. effort  
 b. health  
 c. stress  
 d. relaxation
- The writer's purpose in the last paragraph is to.....  
 a. suggest doing our jobs in the open air  
 b. tell us the story of hardworking people  
 c. warn us of living happily without work  
 d. advise us to make a life-work balance
- According to the second paragraph, we understand that man's health improves by.....  
 a. changing our sleeping habits  
 b. thinking of the worries of life  
 c. having a break every now and then  
 d. working all the time without rest
- All the following are examples of brainworkers except.....  
 a. mathematicians  
 b. cleaners  
 c. surgeons  
 d. engineers
- According to the passage, change has.....  
 a. a vital effect on health and work  
 b. no effect on health or work  
 c. an essential effect on health only  
 d. an important effect on work only
- We can avoid making mistakes if we.....  
 a. don't have rest  
 b. relax  
 c. go on hard work  
 d. do our jobs lazily and carelessly
- An overworked person has a.....meaning.  
 a. positive  
 b. violent  
 c. aggressive  
 d. negative